



metroFOCUS SEXUAL ASSAULTS IN CABS

‘This is not representative of the Halifax that we want’

Mayor Mike Savage on the ‘very concerning’ rash of reported sex assaults by cabbies on female passengers. He’s now talking to the province about what to do next.

metroNEWS



Driver wanting fares to feel comfortable pushes for ‘you are safe in here’ stickers

April 29, 2016

Seyed Mirsaeid-Ghazi, 45, charged

May 6, 2016

suspect described as a man in his late 30s

June 8, 2016

suspect described as a man in his late 30s

July 9, 2016

44-year-old man charged, not named

July 17, 2016

Suspect described as a middle aged man

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All aboard the ARC Gloria

The Colombian Navy sail training vessel ARC Gloria docked at the Cable Wharf early Monday morning and will be in port until Thursday. Free deck tours are open to the public from 9 a.m. to 6 p.m. Tuesday, but the ship will host an invitation-only event Wednesday for Colombia's National Day. The ARC Gloria departs on Thursday at 10 a.m.



Jeff Harper
Metro | Halifax

1 People stop to snap a photo of the Colombian Navy sail training vessel ARC Gloria on Monday morning.

2 An honour guard awaits the arrival of the Colombian ambassador.

3 On board the Colombian Navy sail training vessel ARC Gloria.

TRAVEL

Tourism industry booming off low dollar, private investment



A combination of a low Canadian dollar, private sector investment and a host of great

\$2 billion

Destination Halifax said tourism is a \$2-billion industry in Nova Scotia, and about 54 per cent of all visitor spending occurs in the city.

events have all helped the Halifax tourism industry grow by 4.3 per cent for the first half of this year.

"We've had two great years of consecutive back-to-back growth and we were hoping to hold onto those gains," Ross Jefferson, president and CEO of Destination Halifax, said in an interview.

"They were a little bit higher than we had forecasted so we were delighted."

With many groups holding off on booking conventions in Halifax until the 2017 opening of the new convention centre, Jefferson said they expected con-

vention business to be down.

But he said those numbers were offset by an increase in leisure travellers.

"There are so many variables that affect leisure visitation, everything from the state of the economy and the weather and of course the price of gas," he said.

"And the value of the dollar also makes a difference ... It really affects Canadian visitors deciding not to travel abroad. We believe that all of Canada as well as Halifax is picking up an increase in Canadian visitation here at home."

Jefferson also pointed to "great events" happening in

Halifax and significant private sector investment as a few key factors driving visitors to the region.

"A lot of our visitors are coming from the Maritime provinces and ... we know that the urban experiences, a lot of the cultural experiences found in the urban centre, festivals and events, are driving their visitation," he said.

Visitors from other parts of Canada and the United States often tend to be attracted to the more rural, seacoast experiences, Jefferson said.

"Halifax is benefiting from both of those great, unique products that we have here," he said.



Tourists take in the view from atop the Halifax Citadel National Historic site last week. JEFF HARPER/METRO

JUDICIARY

Low number of minority judges 'disappointing': Dalhousie prof

A study showing a dearth of minority judges in Canada has advocates suggesting the country must seize a unique opportunity to increase racial diversity in a "judiciary of whiteness."

"After many years of saying this is an important issue, it's very disappointing to see how low the numbers are," said Naomi Metallic, a 35-year-old Mi'kmaq woman who is the chair of aboriginal law and policy at Dalhousie University.

A May report in the online version of Policy Options magazine estimates just one per cent of Canada's 2,160 judges in the provincial superior and lower courts are aboriginal, while three per cent are racial minorities.

Andrew Griffith, a former director general of Citizenship and Multiculturalism and author of the article, says he's hopeful the Liberal government will follow up on promises of reforms, but he adds,

THE BENCH

In Nova Scotia there are four non-white lawyers who made it to the bench — two blacks, one person of Sri Lankan descent and a Chinese-Canadian — and two indigenous judges, out of 99 judges.

"at the current level, there's an obvious gap."

His study was a laborious task of poring through hundreds of biographies to create a "reasonable picture" of judicial diversity, as neither the federal Office of the Commissioner for Federal Judicial Affairs nor most provinces keep statistics.

"It's a judiciary of whiteness," said Metallic, who is also a member of a Nova Scotia Bar Society committee trying to address racial issues in the profession, in an interview.

"Powerful institutions ought

to reflect the societies they serve."

Last month, the Trudeau government included an aboriginal judge and an Asian Canadian among federal 15 appointments, and Justice Minister Jody Wilson-Raybould has made a general commitment to increase diversity in the judiciary.

But Metallic — who graduated from the Indigenous Blacks and Mi'kmaq program at Dalhousie University over a decade ago — said she and other advocates will be watching carefully over the next year, with more than 41 vacancies currently open among federally appointed positions, and about 40 provincial positions open across the country. There are also openings in the country's Federal Court and the Supreme Court of Canada.

Several provinces declined to provide estimates on the number of vacant judgeships.

THE CANADIAN PRESS

IN BRIEF

Man used hammer, knife in armed robbery, RCMP say

Police in Nova Scotia are looking for a man they say robbed a convenience store with a hammer and a knife on Sunday night.

RCMP in the Annapolis Valley say they got a call just before 9 p.m. on Sunday about an armed robbery on Highway 1 in Wilmot. They say the suspect "approached the clerk with a hammer held in

the air," demanding money, then produced a small knife and threatened her. The clerk, who was alone in the store, wasn't injured.

The suspect is described as a skinny white man between 18 and 20 years, about five feet four inches tall. METRO STAFF

Man in hospital after being pinned under tractor

A man was transported to hospital Monday morning

after being pinned under a tractor. Colchester RCMP, Emergency Health Services and firefighters from Onslow-Belmont were called to a home on the Downing Road around 9:30 a.m.

"He was trying to pull a stump out of the ground and flipped back," RCMP Const. Clifford Berriman said. "Once he was freed, he was sitting and standing."

Life Flight had also been dispatched. TC MEDIA



FESTIVAL BUSKERS HEADING FOR HALIFAX Local busking group Incendia Motus entertain along the Halifax waterfront on Monday morning. Buskers from around the world will be descending on the city for the Halifax International Busker Festival that starts on July 27 and runs until Aug. 1. JEFF HARPER/METRO

Five things coming to regional council

MUNICIPAL ISSUES

New police station on Tuesday's agenda



Zane Woodford
Metro | Halifax

1 New firm to get parking enforcement contract

Pending approval by Halifax regional council, a new company will be handing out parking tickets this year.

Municipal staff recommend awarding the tender for parking enforcement to G4S for the next five years, "renewable on an annual basis subject to performance, operational requirements and budget availability."

The first year will cost the municipality \$840,048, tax included.

The municipality declined to renew its contract with Independent Security Services Atlantic earlier this year. Last fall, three of its employees were fired after being charged with writing fake parking tickets.

2 The first step towards new digs for Halifax Regional Police

A Toronto firm will be tasked with making a business case for Halifax Regional Police facility, if regional council approves a report coming on Tuesday.

Staff recommend awarding a contract for an "HRP Facility

Replacement Business Case" to Rebanks, Pepper and Littlewood Architects Ltd.

The contract means the firm will produce a study to "determine the most operationally efficient, cost-effective configuration and location of police facilities to support the long-term delivery of policing service in Halifax" at a cost of about \$200,000. The firm has previously designed police headquarters in Kingston, Waterloo and Niagara, Ont.

3 Second reading of construction mitigation bylaw

The municipality's new bylaw outlining construction mitigation guidelines could become law after Halifax regional council's Tuesday meeting.

Bylaw A-501, amending Bylaw A-500, will get second reading at council, with staff recommending it be enacted.

The bylaw is designed to reduce the impact on businesses from construction downtown and elsewhere in the municipality.

The guidelines are a response to the impact of construction of the Nova Centre in downtown Halifax on surrounding businesses. The municipality has received notice of legal action from several of those businesses.

4 Recreation field for North Preston on table

Coun. David Hendsbee is hoping to put a recreation field in North Preston.

The area councillor will

make a motion for a staff report at Tuesday's meeting of regional council to ask for a "recommendation report regarding the feasibility for provision of a recreation field in the North Preston area at 857 Upper Governor St.," a property currently owned by Halifax Water.

"This is an ideal area of HRM for a new recreation field, and the community of North Preston is anxious to have a field that will be available to the residents there," Hendsbee wrote in his motion.

Hendsbee also suggested the "possibility of a community build concept with local contractors."

5 Coun. Reg Rankin wants Blue Mountain-Birch Cove clarification

Coun. Reg Rankin will put a motion forward at Tuesday's council meeting asking for staff to create a policy stating exactly "how much parkland it requires and is prepared to pay for" to create a long-promised park at Blue Mountain-Birch Cove.

The request stems from a controversial facilitator's report that was designed to negotiate between the municipality and private developers that own about 1,300 acres of would-be parkland, adjacent to about 3,200 acres of provincial crown land designated as wilderness area.

Staff is currently preparing a report responding to the facilitator's report, compiling public feedback.



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Leading the drive against taxi terror

CAMPAIGN

Cabbie's sticker would reassure passengers 'you are safe in here'



Haley Ryan
Metro | Halifax

One Halifax cabbie disturbed by the recent string of sexual assault reports against taxi drivers is taking a step to make riders feel safer.

Lee Sampson has been driving a Casino Taxi cab for the past few months, and said Monday when he sees a story about a driver reportedly assaulting a woman "it's like a slap in the face to all of us."

In light of the five reported sexual assaults since April, including one that happened early Sunday morning, Sampson said he's looking to create white stickers for his cab windows that state plainly "you are safe in this taxi."

"I just want to do something to put it out there that some of us take this very seriously," Sampson said.

"For me personally it's a matter of pride that you're safe in my car."

According to stats obtained by Metro through a freedom of information request, Halifax Regional Police say there were eight sexual assault reports between 2012 and 2015, on top of the five so far in 2016, bringing the total to 13 in five years.

By year, there were two reports in both 2012 and 2013



Casino Taxi driver Lee Sampson would like to have a "safe in my cab" sticker campaign to help make people feel safer in cabs. JEFF HARPER/METRO

I don't care what your colour, what your gender ... get in my cab, I'll give you some good conversation and get you where you're going safely.

Lee Sampson, Halifax cabbie

that led to "no charges/convictions," one in 2014 where "offender charged/court case pending," and three in 2015 where all were "charged/court cases pending."

Two of the five reports this year have led to charges, in-

cluding Seyed Mirsaeid-Ghazi, and an unnamed man related to a July 9 incident.

Sampson said he hopes the sticker idea picks up steam among drivers who want to make a visible difference and make everyone, especially

women, feel more comfortable.

Although Sampson freely acknowledged anyone could put a sticker on a car and it doesn't necessarily prove a driver is trustworthy, taking a stand himself is the least he could do and it will hopefully help at least one person feel better.

"It's not just women, anybody. I don't care what your colour, what your gender ... get in my cab I'll give you some good conversation and get you where you're going safely," Sampson said.

POLITICAL ACTION

Cab cameras could help as a deterrent

A spike in sexual assault reports against cab drivers in Halifax has led the mayor into talks with the province.

On Monday, Mayor Mike Savage said in an interview it was "very concerning" to see five reports this year alone.

"This is not representative of the Halifax that we want," Savage said.

"We have to find more effective ways of ensuring that it doesn't happen anymore."

Savage said he's met with Joanne Bernard, provincial minister of the status of women,

and they are trying to figure out ways to make sure the incidents stop. Some could include installing cameras in cabs and raising awareness, but Savage said they haven't spoken with any companies yet.

"The minister and I talked about seeing if we might do some work together to reach out to the taxi industry ... voluntarily, but it may very well be that there has to be more direct measures taken," Savage said.

Other improvements could include giving sexual violence training to councillors on the Appeals Standing Committee,

Savage said, who handle the cases where drivers accused of sexual assault have applied to get their taxi licences back.

"The councillors who serve on the appeals committee ... take their job very seriously. We need to make sure that they have the right tools," Savage said.

"When people think about an appeals committee they think about bylaw infractions. When you start talking about something as serious as sexual assault, I think it demands a higher level of scrutiny."

Lil MacPherson, mayoral candidate and owner of The Wooden Monkey restaurant, said Monday she supports taxi cameras since that's what drivers at "the source" want.

MacPherson said cab companies should do "in-house

work" like re-screening drivers, ensuring they know what sexual assault is and how it's unacceptable, and speaking out to assure the public and protect their own name.

"I would be really going to the owners of these businesses and saying 'Hey, this is your opportunity to really shine,'" MacPherson said. HALEY RYAN/METRO

13

Since 2012, there have been 13 sexual assault complaints against Halifax cabbies.



Mayoral candidate Lil MacPherson. JEFF HARPER/METRO



Mayor Mike Savage. JEFF HARPER/METRO

NATURE

Mac is back: Joy unconfined as missing horse returns home

After three weeks on the run, an Appaloosa horse who disappeared into the fields of rural Nova Scotia is coming home.

Owner Ashley MacCormack was reunited with Mac on Monday after receiving a call that the horse was tied up in a yard around two kilometres from the family's Belmont home, just outside of Truro.

MacCormack said she and her two daughters burst into tears when they saw the brown, speckled horse down the road, at one point stalling their Jeep in the rush to get to

+ NEXT STEP

Tender loving hay

Ashley MacCormack said after a visit with the vet, a quick hoof trimming and a bath, Mac can expect to be spoiled with lots of hay and tender loving care.

their beloved pal.

"It was like finding my find my child," MacCormack said as she walked Mac home on Monday. "It just took everything out of me."

Mac greeted his family with affectionate nuzzles. He looked thin and had a couple of bug bites, his owner said, but otherwise seemed to be in good condition.

Late last month, MacCormack brought water out to pasture for Mac only to find the horse was not there and the fence surrounding his enclosure had been damaged.

MacCormack searched for the horse around the clock, combing through backroads, forests and mountain trails.

THE CANADIAN PRESS

IN BRIEF

Potted history of Harry

A piece of Potter-mania will hit Halifax this September. Playing to sold-out houses around the world, the U.K.'s Potted Potter: The Unauthorized Harry Experience — A Parody by Dan and Jeff is coming to Halifax on Sept. 24 and 25. Tickets went on sale Monday for the shows at 5 p.m. and 8 p.m. on Sept. 24, and at 2 p.m. Sept. 25. Prices range from \$47.50 to \$116.50 and can be found online at dal.ca/dept/arts-centre.html, or at the box office.

METRO HALIFAX

LONER NO MORE

'Co-parents' foster a feathered friend

When Shelley MacDonald of North Kentville found a top-piled bird's nest in her yard, she knew she had to try to keep the sole survivor alive.

Two days into the dual care experiment, MacDonald laughingly says, "we're co-parenting."

Throughout the day, she and her son Brandon take the tiny bird out in the yard and its parents, who appear to be chipping sparrows, fly in to feed it.

"They bring those white earwigs and maggots," MacDonald said. "I hear them at 5 a.m. chirping."

The little bird, who has no tail feathers yet, has been named 'Loner.' He (or she) was one of two chicks in the nest located in a backyard pine tree.

When the nest blew down on July 9, the other chick drowned in a wading pool underneath. Mother and son are pretty determined to keep the feeding routine going. They also keep track of the neighbourhood cats.

"We make sure the coast is clear," she says. "It's incredible how they knew he was here."

TC MEDIA

Feds take on gender violence

WOMEN'S RIGHTS

Advocate knows how online threats can seep into real life

It's one of the central ironies of Julie Lalonde's life — an advocate for women's rights working to end gender-based violence and harassment, her work has caused her to experience much of the hate she's fighting to eradicate.

"Imagine every day you get up, and there's someone who just yells obscenities at you. You get in your car and you go to work, and while you're doing that they're yelling obscenities at you ... you sit in your cubicle and they're yelling at you and the same thing happens when you walk home," Lalonde said.

But instead of being delivered in person, the obscenities and harassment she gets are mostly sent online — emails, tweets and messages telling her to kill herself, and posting her address for others to find her. Sometimes, the threats turn real as online harassers show up at her events to threaten her to her face.

Lalonde is the developer and manager of Draw the Line, a campaign focused on helping bystanders intervene when they see sexual violence. She's also known through her personal women's rights advocacy on social media.

Now, she's hoping that an announcement by Status of Women Minister Patty Hajdu that the federal government is developing a strategy to curb



Julie Lalonde's advocating against gender-based harassment has led to her experiencing it online. TORSTAR NEWS SERVICE

gender-based violence means she and women like her will see an end to harassment.

The federal government is aiming to prevent this kind of harassment happening in the future. At an event Monday, Hajdu said the government was launching consultations to develop a strategy against gender-based violence. The strategy will focus on youth and online gender-based violence.

"Although we've made

progress ... all of us here today know all too well that we still have a long way to go, particularly when it comes to gender equality," Hajdu said.

Hajdu also announced that funding would be restored to advocacy projects applying under the Women's Program at Status of Women Canada. Advocacy projects saw their eligibility revoked in 2007, a move that saw many women's groups shut down over lack of

funding.

The consultations will continue over the summer, and see results in the form of campaigns or legislation starting late 2016 or early 2017, Hajdu said.

Lalonde hopes one of the things that comes out of the consultations is a public campaign teaching the public about the prevalence and danger of online harassment. Beyond that, she wants to see more

tools to enable bystander intervention — where people support others who are being harassed.

It's the kind of thing that would take away the onus of dealing with harassment from the victims of harassment to the general public. It's something Lalonde also wishes she had.

"Why does it have to be me? Why can't I have someone supporting me," she said.

TORSTAR NEWS SERVICE

What's Pokéing around in Canada

Pokémon Go has been in Canada officially for one day, and already it's spurring people and businesses to creativity. Here's some updates on what people across the country are doing with the augmented-reality game.

metro WINNIPEG

Want to hunt more Pokémon more quickly? Want someone to level up your Pokémon Go account? There's a Winnipegger for that.

Crafty 'Peggars are offering their Pokémon Go services to those who just don't have time to bring their Pokémon Go levels up. They've got day jobs, after all.

One Winnipegger is selling his Pokémon Go Level 21 account online for a slick \$600.

A few others are offering to drive Pokémon Masters around the city in an effort to catch 'em all.

metro CALGARY

The weekend after Canada's launch, many Calgarians with keen business sense took to sites like Kijiji to advertise services for those looking to become top trainers overnight.

For a bargain, Kyla Clarkson will keep your PoGo game strong while you're at work. She will take your Pokémon trainer out for an hourly rate and hit up as many Pokéstops as possible.

metro VANCOUVER

Vancouver residents have taken to the streets to hunt for Pokémon, and some businesses are catching more customers by paying extra to lure the virtual reality creatures into their shops, and some Pokémon Go players are taking the bait.

Meanwhile, the organizer of an upcoming youth coding event is promising to spend \$1,000 on lures to attract people to the TUCY Game Jam in North Vancouver.

metro TORONTO

If you're not finding many Pokémon wandering around your neighbourhood, there's a reason for that.

That's because Pokémon Go's geographic database is taken from an earlier game called Ingress, a science-fiction game where two teams battle to control sites known as portals. The location of portals was determined by players, who could submit points of interest to the game's developer, Niantec.

Portals tended to be located at prominent buildings, parks, or other landmarks. METRO

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NICE, FRANCE

No word on whether student was killed

The Ukrainian embassy in Ottawa says one of its citizens died in a deadly truck attack in France last week but won't confirm whether the victim is a missing student studying in Canada.

Mykhaylo (Misha) Bazelevskyy, 22, has permanent resident status in Canada, but was travelling on a Ukrainian passport. Bazelevskyy is a fourth-year bachelor of commerce student at MacEwan University in Edmonton who was in Nice participating in a summer program.

Spokesman Kostiantyn Kostenko says the embassy is still waiting for an official list of victims from French authorities.

"(When) the French authorities present an official list of victims, we'll know if this person is recognized dead or not,"

he said.

There are still dozens of people who haven't regained consciousness from the attack, he added. The embassy will not confirm anything as long as there is the smallest chance that Bazelevskyy is alive, he said.

"We (are) just protecting the family," Kostenko said.

Students said Bazelevskyy is well-known on campus and is "the nicest guy." He has run for student council, is a member of the varsity golf team and has volunteered for college athletics programs. THE CANADIAN PRESS



**Misha
Bazelevskyy**

Tensions rage in Cleveland



STEVEN GOETZ
METRO'S
REPORTER IN
CLEVELAND

The simmering racial and political tensions gripping the U.S. have the city of Cleveland on edge as it hosts the Republican National Convention this week. Metro was on the scene Monday as two demonstrators from the opposing camps confronted each other over a barrier formed by armoured police. Every day this week, Metro will take you behind the scenes to bring you the faces, stories and issues of the people at the convention.

CAMRY KINCAID

Cleveland native Camry Kincaid was one of the demonstrators confronted by "Brother Jim's" megaphone.

Along with a dozen others, Kincaid led a chant of "Black Lives Matter," effectively drowning out the evangelist's words.

"It felt good yelling so loud no one could hear their hate," Kincaid told Metro. "What people heard was that we matter."

Kincaid said the recent killings of unarmed black men and the murder of police officers in Baton Rouge and Dallas was a wake-up call to the deep divide in the city and country.

"I fear for my life right now, even amongst all these people and the cops here," Kincaid said. "I feel like at any minute, I could find my-



Cleveland native Camry Kincaid, 19, joined a dozen others to chant "Black Lives Matter" at a group of evangelists led by "Brother Jim." STEVEN GOETZ/FOR METRO

self with two bullets in my back."

With so much tension, Kincaid said she didn't know

how the country could come together: "They are trying to incite a race war and it looks like we are headed there."

'BROTHER JIM' GILLES

Jim Gilles, an evangelist preacher from Evansville, Indiana, told Metro he came to Cleveland to "preach the Gospel to protestors."

Well known in evangelical circles for his confrontational tactics, "Brother Jim" took to a megaphone to preach his anti-gay and pro-law enforcement message to hundreds of anti-Trump protestors gathered in a park, just a few blocks from the convention centre.

Standing alongside a half dozen other men carrying banners depicting anti-gay messages, Gilles riled the crowd with homophobic slurs and told them to "follow police instructions" or face the consequences.

"We are a bunch of friends and we get together to preach at events," Gilles said. "We actually helped the police right



"Brother Jim" Gilles confronts anti-Trump protestors in Cleveland with his anti-gay message. STEVEN GOETZ/FOR METRO

there to break up a Black Lives Matter rally."

Gilles was optimistic his efforts and a new Republican president would unite the country.

"The divide ends with Don-

ald Trump being elected and getting law and order back in this country," he said. "We just need to let these people know they can't riot, pillage, steal things, kill people without paying the consequence."

'The world is crazy right now. It is complete chaos'

Fresh out of the police academy, Matthew Gerald was so proud to bring his cruiser home that he stood in the driveway, wiping it down under the hot Louisiana sun. His neighbour Ashley Poe watched as he flicked the blue lights on and off, on and off.

Poe and her husband shared a laugh. The 41-year-old former soldier and Marine looked like an excited kid.

"It's like living out the dream," she said.

Gerald got to live it only for a few months. He was one of three officers gunned down in an ambush Sunday in Baton Rouge, traumatizing a nation already on edge.

In the span of 10 turbulent days, 10 law enforcement officers have been killed by attackers — at a protest march in Dallas, a courthouse in Michigan and now a convenience store in Baton Rouge. Together, the shootings represent the deadli-

est attack on law enforcement in decades.

The officers who died Sunday all lived just outside Denham Springs, a quiet bedroom community across the Amite River from Baton Rouge, which has been in turmoil for two weeks. Tensions rose sharply after the death of Alton Sterling, a black man killed by white Baton Rouge officers after a scuffle at a convenience store. The killing was captured on

cellphone video.

As the nation debates race and policing, this community is mourning three of its sons — all husbands and fathers described by friends as being committed to serving the public.

"These are our families. These are good men. They're the only line of defence between good and evil," Livingston Parish President Layton Ricks said. "We say we don't want to let this evil affect how we live our

daily lives. But it does."

Gavin Long, a former Marine from Missouri dressed in black and carrying extra ammunition, opened fire on officers around 8:45 a.m. Sunday, police said.

The gunfire also killed 45-year-old Brad Garafola, an East Baton Rouge Parish sheriff's deputy and a father of four, and 32-year-old Montrell Jackson, a 10-year veteran of the Baton Rouge Police Department with a newborn baby at home.

Garafola and Gerald were white. Jackson was black, as was the gunman.

"The world is crazy right now. It is complete chaos," Jackson's sister-in-law said. "And it all needs to stop, everything. We all need peace."

Three other officers were wounded. One of them, Deputy Nicholas Tullier, remained in critical condition Monday. The gunman was killed at the scene. THE ASSOCIATED PRESS

COUP ATTEMPT

Friction with West rises as Turkey continues purge



A youth waving a Turkish flag salutes during a rally in Taksim Square in Istanbul, protesting against the attempted coup, early Tuesday. EMRAH GUREL/THE ASSOCIATED PRESS

The purging of thousands of alleged plotters of a failed coup raised tensions Monday between Turkey and the West, with U.S. and European officials urging restraint, while Ankara insisted that Washington extradite an exile accused of orchestrating the plot.

Authorities have fired nearly 9,000 police officers, bureaucrats and others, while detaining thousands more alleged to have been involved in Friday night's attempted coup, the state-run Anadolu news agency reported.

Former air force commander Akin Ozturk, alleged to be the ringleader of the uprising, was put under arrest following questioning by a magistrate along with 25 other suspects, the news

agency said. Ozturk, who has denied involvement and insisted he had tried to suppress the rebellion, appeared in video from Turkish TV looking bruised with a bandage over his ear.

President Recep Tayyip Erdogan refused to rule out bringing back the death penalty, telling CNN: "There is a clear crime of treason."

"If they accept to discuss it then I as president will approve any decision that comes out of the parliament," he said. He said Turks have been calling for the reinstatement of the death penalty because of the increased terror attacks and demand for swift justice.

Anadolu said 8,777 employees attached to the Interior Ministry

were dismissed, including 30 governors, 52 civil service inspectors and 16 legal advisers. Other media reports said police, military police and members of the coast guard also were removed from duty.

During the uprising by a faction of the military, warplanes fired on government buildings and tanks rolled into the streets of major cities before the rebellion was put down by forces loyal to the government.

Erdogan told CNN that he escaped death by only a few minutes before coup plotters stormed the resort in southwest Turkey where he was vacationing last weekend when the coup unfolded.

THE ASSOCIATED PRESS

IN BRIEF

French authorities paint complex picture of attacker

Authorities investigating the truck driver who killed 84 people in a Bastille Day attack painted a complex picture Monday of a man who did not seem devout but had recently become interested in jihadi violence and researched past attacks in France and the U.S. Paris prosecutor Francois Molins, who oversees terrorism investigations, said by all accounts Mohamed Lahouaiyeh Bouhlel drank, ate pork and had an "unbridled sex life." But his computer and phone showed searches relating to Daesh. THE ASSOCIATED PRESS

Walmart kicks off its Visa cards ban

CREDIT CARDS

Retailer says it will extend ban to all locations across Canada

Three Walmart stores in Thunder Bay, Ont., are no longer accepting Visa, the payment company said Monday as it encouraged its customers to take their business elsewhere.

After months of negotiations, Walmart said last month it would eliminate Visa as a payment option at those stores because it believes it pays the

retail giant too much in merchant fees. The company has promised to extend the ban on Visa cards to its 400 locations across Canada, though it has not said when that will happen.

Visa, Canada's largest credit card firm, shot back Monday with a message for Walmart customers.

"Until an agreement can be reached in this commercial dispute, we encourage shoppers to use their cards at the more than 5,200 stores in Thunder Bay that accept Visa," the corporation said in a statement.

"The issue is that credit card fees are too high in Canada. We believe Visa's fees should be

lower for everyone, whether they are a large retailer, small retailer or a charity," said Alex Robertson, a Walmart Canada spokesman in an email.

"Canadians deserve better than paying a hidden fee that is four-times higher than consumers pay in other countries. We are taking a stand for our customers because high credit-card fees can result in increased prices."

Visa says it offered Walmart one of the lowest rates for any merchant in the country but the retailer wanted more. If it had given in, Visa said, Walmart's merchant fees would have been lower than those charged to local grocery markets, pharmacies, convenience stores, charities and schools.

A spokesman for Finance Minister Bill Morneau says he's waiting to receive a report on a 2014 voluntary 10 per cent fee reduction by Visa and MasterCard before deciding "how we can ensure this market stays competitive in the future."

THE CANADIAN PRESS

BY THE NUMBERS WHAT SHOPPERS SAY

60%

Respondents to a survey by Angus Reid Institute who said they sided with Walmart.

50%

Shoppers who said they would be less likely to shop at Walmart if Visa was no longer accepted.



VIDEO GAMES STREAMING DRIVING SALES The rise of online audiences watching video gamers stream themselves playing is driving video game sales. A study by live streaming company Twitch attributed 25 per cent of sales of recent video game releases to online broadcasts by video gamers. Many of the most popular streamers with millions of followers are now regularly paid or sponsored by game publishers, a practice that was recently investigated by the U.S. Federal Trade Commission. THE ASSOCIATED PRESS FILE



Did you borrow and repay a loan from The Cash Store or Instaloans in Nova Scotia after December 2, 2008?

If so, you may be entitled to a payment under a class action settlement.

To receive your payment under the settlement, you must complete the online Claim Form at www.cashstorerefund.com by August 22, 2016.

More information on the settlement can be found at www.cashstorerefund.com.

Loans borrowed in other provinces may also be eligible.

STREAMING

Netflix subscriber growth slowing in the U.S.

Netflix added just 160,000 U.S. subscribers from April through June — the lowest gain since splitting up its video-streaming and DVD-by-mail services five years ago. Management blamed cancellations by

subscribers facing price increases of \$2 per month with the expiration of a two-year rate freeze. Netflix fared better outside the U.S., but its gain of 1.5 million international subscribers missed management's projections.

THE ASSOCIATED PRESS

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Dating and trying to stay positive

RELATIONSHIPS

The risks of sex with HIV have changed, stigma hasn't

Genna Buck
Metro Canada



After eight years of living with HIV, Jason Cole is used to rejection and ghosting. But it still stings. It happened most recently when Cole was chatting with someone on the same-sex dating app Grindr.

"It was a great conversation. And it got as far as the point where we were talking about meeting up. And I actually brought it up with him: 'Hey, have you had a chance to take a look at my profile? He said 'no,'" said Cole, a writer from Brampton, Ont.

The profile is totally upfront. It says Cole is HIV-positive but undetectable: Thanks to antiretroviral treatment, the virus is under control and at very low levels in the blood.

"I didn't hear from him after that. He blocked me."

It wasn't the first time something like this happened. Like many people living with HIV, Cole faces a lot of stigma from potential partners, plus "ignorant" remarks like "How did you get it?" and "At least you don't have AIDS."

"Very few have been from a place of nastiness. It's from a place of fear," Cole said.



People in treatment are living long and healthy lives with HIV and are unlikely to infect others. But fears of the virus persist. ISTOCK

Those fears — and the stigma that comes with them — are out of step with reality.

Thanks to powerful new drugs, there's a vanishingly small risk of passing HIV to another person through sex if the virus is undetectable in the blood. If antiretroviral treatment is combined with condoms, the danger is close to zero.

You're far, far more likely to get it by having unprotected sex with someone who's in the highly contagious early stages of HIV infection, but doesn't know it yet.

This suggests that the tough HIV talk prior to sex shouldn't

necessarily be "What's your HIV status?" But "When was your last HIV test?" and, if the person is negative, "Are you taking PrEP?"

Pre-exposure prophylaxis or PrEP, known under the brand-name drug Truvada, is a daily medication that dramatically reduces the risk of contracting HIV. (In Canada, it's not approved for HIV prevention, but many doctors will still prescribe it to people at high risk).

Paralyzing fears of having sex with HIV-positive people — no matter how safe it is — persist.

Public health messages about HIV prevention that try to scare



We need to build a community that knows the truth about HIV.

Sarah Chown, executive director, YouthCO

people into safer sex contribute to the stigma, said Sarah Chown, executive director of YouthCO, which supports young people living with the virus in B.C.

And stigma, she said, is actually what's driving the epidemic.

"It makes it harder to access information. It makes it harder to talk to doctors and parents.

And it makes it harder to disclose

your status."

"Rejection hurts and it's awful," Chown said. "And it really hurts because we know people with HIV go to great lengths to avoid passing the virus to others."

Being open about your HIV status is not the only way to prevent infecting others, Chown explained. Using condoms, hav-

+ HIV NUMBERS

0
In a study of 888 European couples with one HIV-positive partner in appropriate treatment, this was the number of new infections among the HIV-negative partners.

92%
The reduction in the risk of HIV infection among people taking pre-exposure prophylaxis (PrEP) medication as directed.

75,500
The approximate number of people living with HIV in Canada.

ing a partner on PrEP, being undetectable and choosing not to have penetrative sex also work.

At YouthCO, young people practice disclosing their status with other HIV-positive peers first.

Some kids strategize by gradually telling their friends and potential partners various facts about HIV in the weeks leading up to the disclosure conversation, Chown said.

But the HIV-positive teenagers she's working with today are not having a "substantially different" experience than eight years ago when she started, she said.

"We need to build a community that knows the truth about HIV, and that is supportive and welcoming to people living with HIV."

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THE TOP 6@6

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- 5 Fifth Harmony ft. Fetty Wap All In My Head
- 4 Kgo ft. Mary Noyes Stay
- 3 OneRepublic Wherever I Go
- 2 Twenty 1 Pilots Ride
- 1 Meghan Trainor Me Too



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HEALTH BRIEFS

Violent media linked to aggression in children

A new report from the American Academy of Pediatrics raises the alarm about children's "media diets." The report says, "A sizable majority of media researchers both in pediatrics and psychology believe existing data show a significant link between virtual violence and aggression." It recommends parents shield kids under six from all violent media. GENNA BUCK/METRO

Pill organizers may cause problems for elderly

Thinking about having an elderly loved one switch to a pill organizer? Be cautious, suggests a new British study: Using one of those Monday-to-Sunday pillboxes is associated with an increased risk of adverse events. Researchers suggested doctors tend to prescribe higher doses to forgetful older patients who only take medication sporadically. Pill organizers did help people remember — resulting in higher doses and more side effects. GENNA BUCK/METRO

E-cig use among youth a worry

HEALTH TREND

Study raises alarm over high numbers of teens 'vaping'

Parents and doctors questioning teens about whether they smoke should also be asking if they're using e-cigarettes, which could be a gateway to nicotine addiction later on, says a pediatrician who led a new study.

Dr. Michael Khoury's research involved nearly 2,300 students in Grade 9 in the Niagara region of Ontario. Over 10 per cent of them had used electronic cigarettes, said Khoury, though a national report funded by the Public Health Agency of Canada and released earlier this year suggested the rate of Grade 9 students who have tried e-cigarettes is even higher.

"The most common reason that three-quarters of them used it was to be cool, or it was fun and something new," Khoury said about his research. "That's really concerning because they're clearly not using them for what they're marketed as, which is

as smoking cessation devices."

Khoury conducted the study while he was a pediatric cardiology resident at the Hospital for Sick Children in Toronto. It was published Monday in the Canadian Medical Association Journal.

E-cigarette use is now more common among adolescents than conventional cigarettes, but the practice that mimics the tactile experience of smoking could also renormalize it for youth who've grown up learning about its effects on health, said Khoury, who is currently completing his residency at Stollery Children's Hospital in Edmonton.

He noted that at least two previous American studies have concluded that youth who use e-cigarettes or "vape" are much more likely to smoke in the future.

E-cigarettes contain a battery, a heating element and a cartridge with a liquid solution that may or may not contain nicotine and other flavours such as cotton candy, peanut butter and jam, and vanilla. Puffing on the e-cigarette heats the solution, creating a smoke-free vapour that is inhaled.

In Canada, e-cigarettes and "e-juice" containing nicotine have

21%

A Public Health Agency report released in March written by a professor at UBC showed 21 per cent of boys and 15 per cent of girls in Grade 9 have tried e-cigarettes.

not been approved for sale. Nicotine-free vaping products that do not make health claims are legal.

Most provinces have created legislation around the sale and marketing of e-cigarettes though there are ongoing calls for the federal government to take regulatory leadership on the issue while balancing the protection of youth and making the product available to adults who want to use it as a way to potentially quit smoking.

Health Canada said e-cigarette products, including liquids containing nicotine, require federal approval before they can be imported, advertised or sold.

"Health Canada continues to advise Canadians, especially youth, against the use of these products," the department said in a statement. THE CANADIAN PRESS



E-cigarette use is now more common among adolescents than conventional cigarettes, creating concern among health officials as studies have concluded youth who 'vape' are much more likely to smoke in the future. ISTOCK



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Tips for getting fit with Fido

TREND

Your best workout bud could be curled up at your feet

Toronto resident Catherine Cameron and Daisy are fitness buddies. They run together a few times a week, and depending on the season, they'll be out snowshoeing or hiking or canoeing. Sometimes, they even do yoga together — although Daisy doesn't know any moves beyond "downward-facing dog," because, well, she is a dog.

Like many dog owners, Cameron has found exercising with her four-legged companion is an essential part of her fitness routine. What began as regular dog

walks turned into jogging and running with Daisy, says Cameron, who is the president of Cameron Communications.

Eventually, the almost 8-year-old golden retriever started vacationing with the family, be it in Florida or Muskoka. "She became the third kid in the lake," Cameron says.

On a regular basis, the sheer number of walks Daisy requires — three to four every day — means Cameron is always on the go.

"I get an hour and a half of exercise every day, outdoors, all weather, that I probably wouldn't otherwise get," she says.

Having a dog can definitely be a health boost, research shows. One study from the University of Missouri-Columbia found walking a dog



Catherine Cameron works out regularly with her dog Daisy. They run, hike, and canoe together. TORSTAR NEWS SERVICE

on a regular, long-term basis leads to weight loss — an average of 14 pounds for a group of dog walkers over a 50-week period, the study found — and encourages people to walk for longer periods of time in their daily life.

It's also one of the top ways to meet new people, according to research at the University of Western Australia, which found the benefits of dog walking include an increase in physical activity and a strong-

er sense of community.

So how can dog owners incorporate their pooch in a broader fitness routine? Cameron, who spent 25 years working as a fitness instructor, and Jt Clough, a San Diego-based dog lifestyle coach and author of 5K Training Guide: Running with Dogs, offered a few pointers.

Ramp up gradually

Going from regular walks to runs with a dog makes sense, but you need to start slowly. "You can't expect a dog who's not a runner to suddenly run great distances or high



speed — having realistic expectations is important," says Cameron. Clough says dog owners often make the mistake of doing too much at the beginning, then get frustrated when their dog can't handle it. It's best to start with consistent walking, then move that into a run or integrate running portions into regular walks, she says.

+ CAT CALISTHENICS

Model shares his kitty workout on Instagram

Not a dog lover? More a fan of the feline? Canadian model and actor Travis Deslaurier can show you how to get in some shred time using your cat as a hand weight. He and his pal Jacob The Cat post videos on Instagram where he uses Jacob as a weight to do things like bicep curls and shoulder press.

LIZ BROWN/METRO



Travis Deslaurier.

INSTAGRAM: @TRAVBEACHBOY

a run turns into a brisk walk," Cameron says.

The age of your dog is also important, notes Clough. Puppies shouldn't run on hard surfaces until they're at least a year old — it can cause damage to their bones, she says — while older dogs often start to get sore and begin slowing down.

Think outside the box

Cameron has incorporated Daisy into many activities, from family hikes to canoe trips, which keep them both outside and active.

Even yoga can be fun with a dog, Clough says, since you can train your pooch to do a few stretches with you. Aside from the fitness boost, it also encourages your dog to be in a calm state, she says.

And if you're doing a dog-specific outing — like playing fetch or hitting the dog park — why not incorporate your own workout into the mix? "Instead of just standing there and throwing the ball, you can run while your dog is getting the ball, or stretch — any kind of movement," says Clough.

TORSTAR NEWS SERVICE

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JOHANNA SCHNELLER
WHAT I'M WATCHING

Sex & drugs & terrific dialogue



Denis Leary plays for laughs as Johnny Rock. CONTRIBUTED

THE SHOW: *Sex & Drugs & Rock & Roll*, Season 2, Episode 1 (FX)

THE MOMENT: Quoting Sammy Hagar

Johnny Rock (Denis Leary), a former guitar god now playing bar gigs, just learned his girlfriend had a year-long affair with his best friend. His drummer Bam Bam (Robert Kelly) consoles him. Sort of.

"Do you know how many chicks out there would love to hook up with me?" Johnny asks. "None, dude," Bam Bam replies. Johnny gives him a look. "Yesterday is dead and gone," Bam Bam continues. "Tomorrow, there's no guarantees. Right now is all you got. Right now. It's everything."

A beat of silence. "Are you quoting Sammy Hagar to me?" Johnny asks.

"Am I?" Bam Bam says, shocked. "I am. Van Hagar. I love that guy."

"Bro, we're getting old," Johnny says. "Time's a b—, counting out numbers, both of us know we ain't getting no younger."

"Spring-

steen," sighs Bam Bam.

"No!" Johnny yells. "Right now you might need an Alzheimer's test."

"How the hell do you, who's killed so many brain cells, know more lyrics than me?" Bam Bam asks.

"Because I'm a lead singer, OK?" Johnny says. "I could be in a coma and still sing Side One of London Calling."

I don't care how hideous Leary's rock wig is here, he just makes me laugh. He creates shows (this, plus *Sirens* and *Rescue Me*) that are alive with naturalistic, overlapping dialogue, delivered at a speed and a level of sarcasm that sustains the funny. Only he could combine sexual jealousy, fear of aging, and love for Van Halen-era Sammy Hagar in seamless, wholly believable, screed.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Verdict in on true crime: It's a hit with audiences

POP CULTURE

Those involved with making it recognize it opens wounds

A recent spate of long-form true-crime projects has captivated audiences, won critical acclaim and renewed interest in old cases.

But the genre presents a unique challenge for those involved in creating compelling stories involving real victims and often gruesome subject matter.

"These things inevitably will reopen wounds just simply by bringing the past back to the present," admits Dean Strang, one of the defence lawyers for Steven Avery featured in the Netflix hit *Making a Murderer*, which picked up six Emmy nominations on Thursday.

The documentary series, along with two recent hit series on O.J. Simpson, have contributed to making the true-crime genre a modern pop culture phenomenon.

The *People v. O.J. Simpson: American Crime Story* received 22 Emmy nominations, just one shy of overall leader *Game of Thrones*.

The 10-part FX series offers a fictionalized retelling of the '90s murder trial in the deaths of Simpson's ex-wife Nicole Brown Simpson and her friend Ronald Goldman.

Also widely acclaimed — but not eligible for this year's Emmys — is the documentary series *O.J.: Made in America*.

Director Ezra Edel-



The *People v. O.J. Simpson* was just shy of *Game of Thrones* in Emmy nods. CONTRIBUTED



There's enormous public good in an honest, unfiltered look at our criminal justice institutions.

Dean Strang, defence lawyer for Steven Avery featured in *Making a Murderer*

man said he was sensitive to portraying his subjects in an honest way when creating the series and treating their stories respectfully.

"I take my role and responsibility pretty seriously," said Edelman during an interview at the HotDocs festival in Toronto.

In the case of *Making a Murderer*, the series explores Avery's first-degree intentional homicide trial in the 2005 death of photographer Teresa Halbach.

"I don't know that one ever could achieve consensus that the balance has been struck

correctly, because there's enormous public good in an honest, unfiltered look at our criminal justice institutions," Strang said in a recent interview in support of his A Conversation on Justice speaking tour with Avery co-counsel Jerry Buting.

"On the other hand ... the burden of that public good falls on the families of victims who've already suffered a horrible loss."

Soraya Peerbaye recently won the

English-language Trillium Book Award for poetry for *Tell*: poems for a girlhood, based on the case of slain Vancouver Island teen Reena Virk. The Toronto writer admitted she wrestled with finding the right approach.

"There was really a desire to be accountable, to be respectable for Reena, not only as someone who died but as someone who lived," said Peerbaye.

True-crime shows may have a real impact on the justice system. Avery is pursuing an appeal.

Last month, Adnan Syed, the focal point of Season 1 of *Serial*, was granted a new trial 16 years after being convicted in the death of Hae Min Lee, his high school girlfriend.

THE CANADIAN PRESS

PARK  LANE

ShopParkLane.ca 

"I look to embrace everything about this city and definitely embrace winning": P.K. Subban was officially introduced as a Nashville Predator

COURT

Scout sentenced to prison for hacking

A federal judge sentenced the former scouting director of the St. Louis Cardinals to nearly four years in prison Monday for hacking the Houston Astros' player personnel database and email system in an unusual case of high-tech cheating involving two Major League Baseball clubs.

Christopher Correa had pleaded guilty in January to five counts of unauthorized access of a protected computer from 2013 to at least 2014, the same year he was promoted to director of baseball development in St. Louis. He was fired last summer and now faces 46 months behind bars and a court order

to pay \$279,038 in restitution. He had faced up to five years in prison on each count. Correa will remain free on bond until he reports to federal prison within about six weeks.

Correa read a letter in court before he was sentenced by U.S. District Court Judge Lynn Hughes and he said he was "overwhelmed with remorse and regret for my actions" that cost him his career and his home.

"I violated my values and it was wrong. I behaved shamefully," he said. "The whole episode represents the worst thing I've done in my life by far."

THE ASSOCIATED PRESS

46

Christopher Correa faces 46 months in prison.

NHL

Senators, Rangers trade centreman

The Ottawa Senators are so convinced Derick Brassard will make an immediate impact in their lineup that they gave up a piece of their future to get him.

The Senators traded Mika Zibanejad and a second-round pick in the 2018 NHL draft to the New York Rangers for Brassard and a seventh-round pick in 2018 in a trade announced Monday.

Last season Brassard, a native of nearby Gatineau, Que., led the Rangers with a career-high 27 goals and was second on the team with 58 points.

Brassard, drafted sixth overall



Derick Brassard, left, and Mika Zibanejad GETTY IMAGES

by the Columbus Blue Jackets in 2006, has 127 goals and 343 points through 563 games.

Zibanejad, drafted sixth overall in 2011, leaves the Sens with 64 goals and 151 points through 281 games. THE ASSOCIATED PRESS

IN BRIEF

Twins give GM the pink slip

The Minnesota Twins fired general manager Terry Ryan on Monday, with the team holding the worst record in the American League and on pace to lose 100 games this season.

The Twins entered the day 33-58, 21 games out of first place in the AL Central. Only Atlanta (32-60) had a worse record in the majors.

Rob Antony will take over on an interim basis.

THE ASSOCIATED PRESS

Ronaldo, Messi headline shortlist for UEFA award

Cristiano Ronaldo and Lionel Messi are on the 10-player shortlist to be named UEFA Best Player in Europe for last season.

The 10 candidates also include Real Madrid's Gareth Bale and Toni Kroos, who both reached the Euro 2016 semifinals with Wales and Germany, respectively.

A second round of voting will decide the three finalists named on Aug. 5.

THE ASSOCIATED PRESS



TOUR DE FRANCE SAGAN WINS SPRINT TO THE FINISH LINE Peter Sagan, second from the right, thrusts his bike across the finish line to win the 16th stage of the Tour de France in a photo finish in Bern, Switzerland, on Monday. Alexander Kristoff, right, was a close second while Chris Froome held on to the yellow jersey entering the second and final rest day. The victory was Sagan's third of the Tour. PETER KLAUNZER/KEystone/THE ASSOCIATED PRESS

Anti-doping officials call for Russian ban

OLYMPICS

Scathing report outlines how samples were tampered with

A scathing report detailing a complex system of widespread, state-sponsored doping in Russia — a scheme that included government officials tampering with hundreds of positive samples — has led the World Anti-Doping Association to call for the country's outright ban at next month's Rio Olympics.

An independent inquiry head-

ed by Canadian lawyer Richard McLaren alleges a plan to make positive tests in some 30 sports "disappear" was in force in Russia at least from late 2011 to August 2015.

While Monday's report makes no recommendations for any discipline against Russia, saying that is not its mandate, the WADA executive board called on the International Olympic Committee to ban all Russian teams from Rio. WADA also wants Russian government officials to be denied access to international competitions, including the upcoming Games.

The IOC executive is to meet via conference call Tuesday to

make that decision, which president Thomas Bach said could include "provisional measures and sanctions with regard to the Olympic Games Rio 2016."

He said in a statement that the report showed "a shocking and unprecedented attack on the integrity of sport," and that it "will not hesitate to take the toughest sanctions available against any individual or organization implicated."

The Russian athletics team is already provisionally banned from the Rio Games based on an earlier WADA investigation, although Russia has launched an appeal.

One instance in which the report claims tests were tampered with revolves around a Moscow drug-testing lab at the centre of a system it called Disappearing Positive Methodology.

Urine samples taken at sports events would be referred to the Russian sports ministry where they would be labelled either "save" or "quarantine." The quarantined samples would go through normal testing and be registered with WADA. The saved ones, most of them showing positive results for banned substances, would be substituted with clean samples.

Of 577 samples, 312 were marked "save." THE CANADIAN PRESS

Can you imagine if CSIS was involved in trying to win a water polo tournament, how ridiculous it would seem in Canada? Don't they have better things to do?



Olympic gold medal-winning kayaker Adam van Koeverden

There needs to be some sort of repercussions for this sort of behaviour. We can't trust them for future events.



Canadian race walker Inaki Gomez

RECIPE Easy Shrimp Tacos



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

The combination of textures creates a party on your dinner plate.

Ready in

Prep time: 30 minutes
Total Time: 40 minutes
Serves: 4

Ingredients

- 1 lb peeled, deveined shrimp
- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 8 tortillas
- 3 Tbsp lime juice
- 1/4 head of red cabbage
- 2 Tbsp lime juice
- 4 Tbsp sour cream
- 2 Tbsp lime juice
- A good pinch of salt
- Sliced radishes, avocado

Directions

1. Peel and devein shrimp and

rinse under cold water. In a shallow bowl, mix oil, garlic, cumin, chili, salt and toss in shrimp. Refrigerate for 15 minutes.

2. Preheat oven to 200 degrees. Wrap tortillas in damp paper towel, place in oven. Slice the cabbage and toss in a bowl with 3 Tbsp lime juice, olive oil and salt to taste. In a small bowl, mix the sour cream, 2 Tbsp lime juice and a pinch of salt to make a crema.

3. Heat a skillet to high, add a little olive oil. Add half of the shrimp. Cook until you see pink around the edges. Flip them over and cook for a couple minutes until shrimp are pink and opaque. Repeat with second batch.

4. Place shrimp, crema, tortillas, cilantro, salsa, sliced radishes and avocado on table and let people build their own tacos.

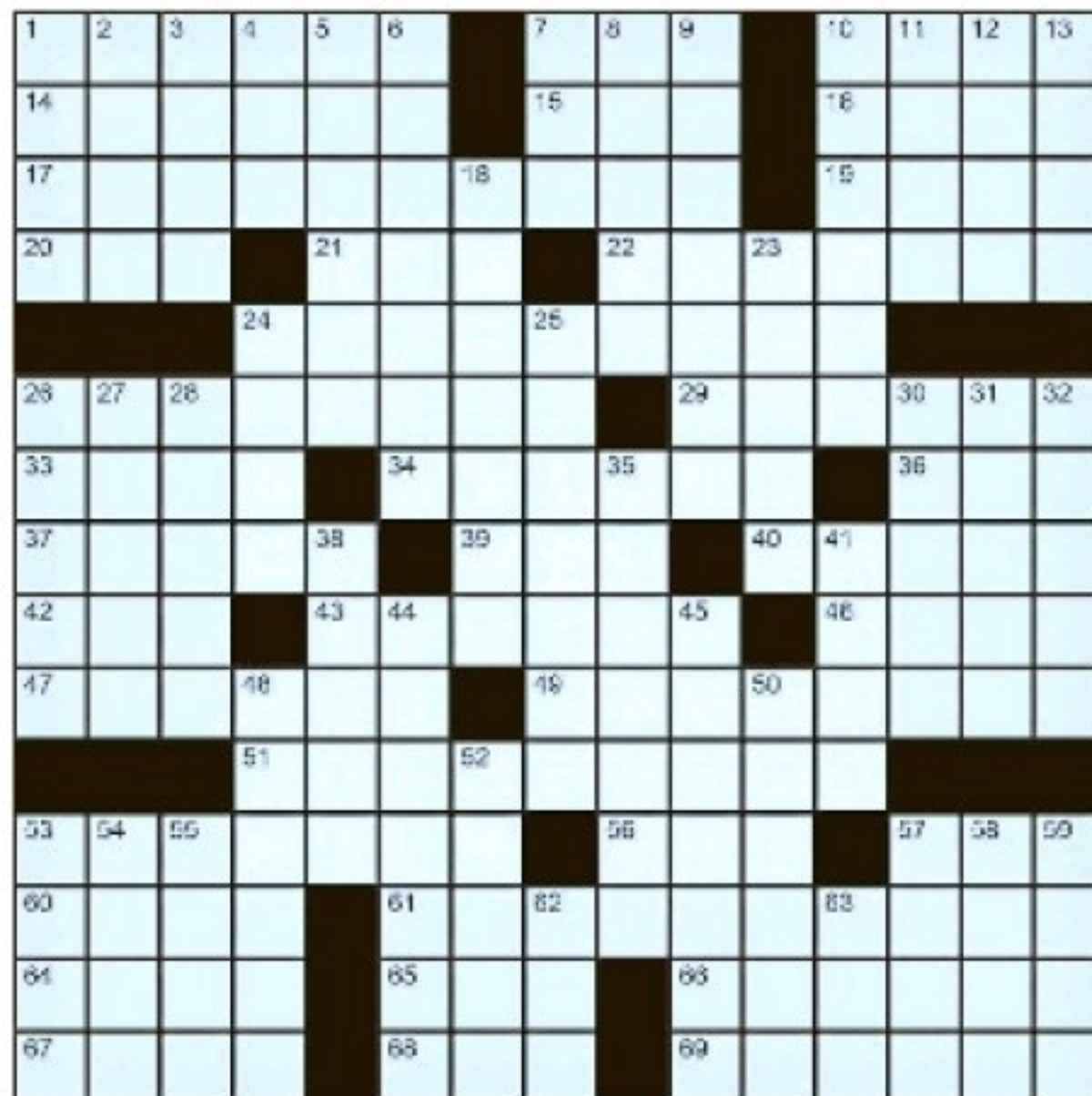
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Fortify food
7. Egyptian _ (Cat breed)
10. RBI, e.g.
14. German author of The Sorrows of Young Werther
15. Dada artist Jean
16. "Enid" songwriters, _-Robertson
17. Ancient-style sandals
19. Doorway sign
20. Roman sun deity
21. _-washed jeans
22. Niagara-on-the-Lake export: 2 wds.
24. Canadian fashion label launched in 2014: 3 wds.
26. Carmen aria
29. Ground-to-roof contraption
33. Macy Gray hit: 2 wds.
34. Sounds
36. Fruity beverage
37. "Good _" - Charlie Brown
39. "Motor" suffix
40. RCMP ride
42. Mr. Bellows, Canadian star
43. Rik _ Toronto-born member of "Lay It on the Line" band Triumph
46. 25th spelled-out letters
47. 1892 Montreal-founded tea
49. Canadian painter, Jean Paul _ (b.1923 - d.2002)
51. Menu item: 2 wds.
53. Uniquely-titled 1995 adventure movie starring Robin Williams



56. CFL feats
57. Queen guitarist Brian
60. 1967: "Get _" by The Esquires
61. Hockey book by former Prime Minister Stephen Harper: 3 wds.
64. Nero's 402

65. "Evita" (1996) role
66. Render a rant: 2 wds.
67. 1990s nu-metal band
68. "The War of the Roses" (1989) leading lady ...her initials-sharers

69. Beau and Jeff's dad, and namesakes

DOWN

1. Bad _ (Putrid people)
2. _ contendere (Court plea)
3. Actual
4. " _ be an honour."
5. Contribute: 2 wds.
6. Boost/uplift
7. Psychedelic jacket
8. Antiperspirant brand
9. High-end
10. Released the volcanic lava
11. Andy Kauf-

- man sitcom
12. Opposin'
13. Head: French
18. The _ Capital of British Columbia (Nickname for Victoria)
23. Internet money
24. Showbiz star Danny
25. Hammer-with-prop workers
26. _ Boson, 'The God Particle'
27. Glass-ceiling lobbies
28. _ Building (NYC's songwriting landmark)
30. Ms. Hannah
31. Bygone car named after Henry Ford's son
32. Ms. Wither-spoon
35. Satisfy with sustenance
38. Placed, as paper to the shredder: 2 wds.
41. Needed to pay back
44. Canadian brand of 'Premium Apple Lager': 2 wds.
45. Revealed everything: 2 wds.
48. Neat _ _ _ (Tidy)
50. Delicate water-colour
52. " _ Is Enough"
53. Athlete, in slang
54. Reverse
55. Alaska's famous Glacier
57. Jesus' mom
58. During
59. Sures, informally
62. _ judicata (Settled court matter)
63. '60s lettered car

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a tricky day indeed. Be very careful about your relationships with authority figures — bosses, parents, teachers, VIPs and the police. Be courteous. (Don't quit your day job.)

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today. Meanwhile, expect travel plans to be canceled, changed or rescheduled.

Gemini May 22 - June 21
Double-check your bank accounts and expect sudden changes or errors in matters related to inheritances, shared property, insurance issues and debt. Nothing is reliable today.

Cancer June 22 - July 23
Today the only Full Moon opposite your sign all year is taking place. This is just one reason you might be at sixes and sevens when dealing with partners and close friends. Patience.

Leo July 24 - Aug. 23
Matters at work will not go smoothly today, which means you have to be patient with co-workers. Avoid power struggles; just go with the flow.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your children or children you work with. Therefore, you must be vigilant. (Romantic partners must be patient with each other as well.)

Libra Sept. 24 - Oct. 23
Your home routine will be interrupted today. Do what you can to avoid domestic arguments. Small appliances might break down. Expect the unexpected.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Be careful and think before you speak.

Sagittarius Nov. 23 - Dec. 21
Financial matters are unpredictable today. You might find money; you might lose money. If shopping, count your change, save your receipts and check your bill.

Capricorn Dec. 22 - Jan. 20
Today the only Full Moon all year that is in your sign is happening. This can make relations with partners and close friends upsetting and too emotional. Easy does it.

Aquarius Jan. 21 - Feb. 19
Expect changes at work and in your daily routine. Even your health might cause you concern. (Things will be more normal in 48 hours.)

Pisces Feb. 20 - March 20
A friend might shock you or do something unexpected today. Alternatively, you might meet someone who is a real character. Be careful dealing with others today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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metronews.ca/games



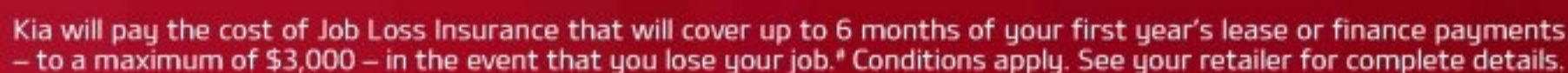
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